

# Neighborhood News



AUGUST 2018

## ~ Tips to Curb Bad Eating Habits ~

### Eat Breakfast

There's no better way to start your morning — and the year — than with a healthy breakfast. "It provides your body with the fuel it needs to make energy to keep you focused and active throughout the day. The key to a good breakfast is balance. Include lean protein, whole grains and fresh, frozen or canned fruits and vegetables.

### Cut Back on Caffeine

Too much caffeine can interfere with sleep, make you jittery and cause you to lose energy later in the day. Keep your caffeine intake in check by limiting regular coffee to 3 cups or less per day, and watch what you put into it. Skip unwanted calories.

### Eat More Fruits & Vegetables

Fruits and veggies add color, flavor and texture, plus vitamins, minerals and fiber to your plate. Don't let winter stop you from enjoying produce either. It might be harder to find fresh options, but frozen and canned are great alternatives.

### Roasted Root Vegetables

#### Ingredients:

- 4 Root Vegetables (Choose from a variety of potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.), medium diced:
- 2 Carrots
- 1 Yellow Onion
- ¼ cup Vegetable Oil
- 3 TB Parmesan Cheese



#### Directions:

1. Preheat oven to 350°F
2. Cut all root vegetables, carrots, and onion into medium dice.
3. Place in a medium bowl and pour oil over the top. Season with salt and pepper to taste and add the parmesan cheese. Mix well.
4. Spread onto a baking sheet in an even layer.
5. Bake for 1 hour or until tender, make sure to check a couple different pieces to make sure they are all tender.
6. Serve in wrap or straight up, while hot.



#### Nutrition Facts:

##### Nutrients

<b>Calories</b> 260	<b>Vitamin D</b> 0 mg
<b>Total Fat</b> 15 g	<b>Calcium</b> 0 mg
<b>Saturated Fat</b> 2 g	<b>Iron</b> 0 mg
<b>Cholesterol</b> 5 mg	<b>Potassium</b> 0 mg
<b>Sodium</b> 150 mg	
<b>Total Carbohydrate</b> 30 g	
<b>Dietary Fiber</b> 6 g	
<b>Total Sugars</b> 12 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 5 g	



# News & Events



## HAPPY BIRTHDAY!



**AUGUST 2018**

**Esther Brunfelt**

**8/16**

## Cost of Living 1950

New House	\$8,450
Loaf of bread	12¢
Gallon of Gas	18¢
New Car	\$1,510
Yearly Wages	\$3,210
Rent a House	\$15
Pound of Hamburger Meat	30¢



## Tips for Taking Care of Aging Skin and Avoiding Disease

When we age, our bodies undergo several biological changes. These changes affect how our bodies work and react. One change we may notice is that your skin is not the same as it used to be. As we enter into our senior years, adopting a skin care routine is essential.

Aging skin is more sensitive and susceptible to a lot of skin diseases and conditions. Skin becomes thinner and naturally dryer, making it much easier to damage and dry out. When this does happen, it takes much longer to heal.

This means that senior skin is more prone to irritation, scaling, and infection. Without a proper skin care routine, one may just end up with a variety of problems.

### TIPS

1. Try not to take an excessive number of showers.
2. Use milder and safer soaps.
3. Always wear sunscreen.
4. Avoid smoking .
5. Drink water and stay hydrated.
6. Invest in a room humidifier.
7. Regularly visit a dermatologist.
8. Moisturize every morning and evening.

## Roasted Peach and Strawberry Fizz



### Ingredients

- 3 Peaches
- 600 g Strawberries
- 1 ¾ Cup Apple Juice
- Abundance of Crushed Ice
- 1 ½ Sparkling Water

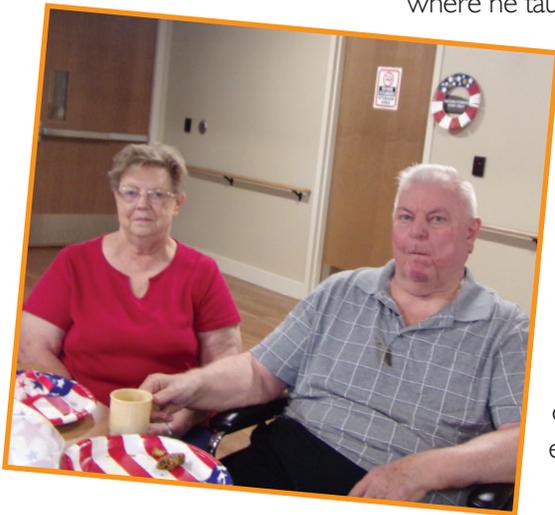
### Directions

- Preheat the oven to 175 °C.
- Cut strawberries and peaches in half and remove the peach pit.
- Place the sliced fruit on a baking tray lined with baking paper and roast for 25 minutes.
- Take the tray out and leave to cool for 10 minutes or more.
- Remove the skins from peaches and blend the flesh together with apple juice in a blender to get a smooth pureé.
- Blend the strawberries separately, then divide the strawberry pureé into 6 glasses and add ice.
- Pour the peach and apple juice mixture over ice and add sparkling water.
- Serve immediately!



# Welcome Ron Hujanen!

Welcome new resident Ron Hujanen! Ron was born on November 25th, 1942 in Soudan MN. After graduating with his teaching degree Ron took a position as a 6th grade teacher in Ely MN, where he taught for 30 years.



Ron has been married to his wife Delores for 53 years. Together they raised their two sons. In his spare time Ron enjoyed restoring old cars and listening to old country and rock. He is most proud of his 1956 Ford convertible. He states he is a diehard Ford man and it was his car that brought him and his wife together. He loves dogs and talks about his favorite dog named Buddy who was a golden retriever mix. Ron and Delores enjoyed traveling and traveled all over Wisconsin and Michigan, visiting friends and family.

Ron states his favorite foods are potatoes and bread. And, he enjoys a good cookie with milk before going to bed. Ron is looking forward to visiting with everyone and attending outings. Welcome to the Cook Care Center Ron!



He Shoots,  
He Scores!

We Love  
Sweets!



Nice day  
to Fish!



## Fun Fact!

Hurricanes in America were not named until 1950. That year there was Hurricane Dog, Hurricane Easy, Hurricane Jig, Hurricane Item, Hurricane Love & Tropical Storm How.





# TRIVIA CORNER! 1950

1. What was the world's population in 1950?

- A.** 2,579,000,000 **B.** 1,000,000  
**C.** 2,000,000

2. This man became President of the United States in 1950.

- A.** Abe Lincoln **B.** Harry Truman  
**C.** George Bush

3. What Basketball Player, also known as 'Dr. J', was born in 1950?

- A.** Stephen Curry **B.** LeBron James  
**C.** Julius Irving

4. This 'James Bond' actor placed third in the 1950 Mr. Universe contest.

- A.** Sean Connery **B.** Pierce Brosnan  
**C.** Daniel Craig

5. The FBI made the very first '\_\_\_\_\_ ' list in 1950.

- A.** Hot List **B.** It List **C.** 10 Most Wanted

6. This blind musician was also born in 1950.

- A.** Stevie Wonder **B.** Brad Pitt  
**C.** Ray Charles

7. Disposable diapers were invented by Marion Donovan in what year?.

- A.** 1930 **B.** 1950 **C.** 2018

8. His song, 'Mona Lisa' was a #1 hit in 1950.

- A.** Nat King Cole **B.** Billie Holiday  
**C.** Madonna

9. This was a Big Movie in 1950.

- A.** Thor **B.** Infinity War **C.** Cinderella

10. The 1950 NBA Champions.

- A.** Minneapolis Lakers **B.** Miami Heat  
**C.** Houston Rockets

11. This comic strip created by Charles Schulz in 1950.

- A.** Garfield **B.** Peanuts **C.** Rugrats

12. Another Big Movie of 1950 was \_\_\_\_\_.

- A.** Pinocchio **B.** Sunset Boulevard  
**C.** Snow White

*Good Luck!*

12. B. Sunset Boulevard  
11. B. Peanuts  
10. A. Minneapolis Lakers  
9. C. Cinderella  
8. A. Nat King Cole  
7. B. 1950  
6. A. Stevie Wonder  
5. C. 10 Most Wanted  
4. A. Sean Connery  
3. C. Julius Irving  
2. B. Harry Truman  
1. A. 2,579,000,000

**ANSWERS**

## Coincidence?!

Whataburger (Texas), & What-a-burger (Virginia) both opened this year without the knowledge of each others existence. There was a trademark infringement issue in the early 2000s, but both kept their names.

## Residents do have a *Voice*

At the Cook Care Center our resident's safety is our main priority. We will not tolerate any form of abuse, yet, understand there is a potential for abuse to exist.

I am always available to speak with a resident or a resident's family to ensure that their loved one's stay with us is as happy and comforting as possible, no matter what the length of time they spend with us.

We have quarterly Resident Council meetings which gives the Resident a time and place to voice their concern and know there will be no retaliation for their expressing those concerns. If there is a concern between Resident Council meetings, we can always call for an additional meeting and discuss the concerns.

Our Residents do have a voice and a right to be heard, if nothing else, I am their voice.

**Margaret Rinne**, Care Center Resident Advocate  
218-666-6211



## Fun Fact:

The Great Brink's Robbery: \$2.775 Million was robbed from the Brink's Building in Boston, Massachusetts, and the 11 robbers were caught but only \$58,000 was recovered.